



Fruity Thai Pita Pockets

Prep time: 15 minutes

Makes: 4 Servings

Bored with the same old sandwich at lunch? Liven up packed lunches with this Thai-influenced pita pocket: a surprising blend of fruits, spinach and peanut sauce tucked in a very portable pita pocket.

Ingredients

1 can tropical fruit salad in 100% juice (15 ounces)

4 whole-grain pita pockets

4 cups fresh spinach (torn)

1/4 cup fresh cilantro (optional)

For the Spread:

reserved juice from tropical fruit salad





1/2 cup natural peanut butter, crunchy or chunky

Nutrition Information

Nutrients	Amount
Calories	370
Total Fat	17 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	550 mg
Total Carbohydrate	42 g
Dietary Fiber	6 g
Total Sugars	13 g
Added Sugars included	1 g
Protein	13 g
Vitamin D	0 mcg
Calcium	80 mg
Iron	3 mg
Potassium	597 mg

N/A - data is not available

MyPlate Food Groups

	Fruits	1/2 cup
	Vegetables	1 cup
	Grains	1 ounce
	Protein Foods	2 ounces

3 tablespoons fat-free cream cheese

1 tablespoon low-sodium soy sauce

Directions

1. In a colander over a bowl, drain fruit salad well; reserve 3 tbsp juice.
2. In a small bowl, whisk together reserved juice, peanut butter, cream cheese and soy sauce.
3. Place drained fruit, spinach and cilantro (if desired) in bowl, mix gently.
4. Add sauce and toss.
5. Slice a small portion off each pita. Tuck the slice inside the bottom of the pita.
6. Fill each pita pocket with the fruit-spinach mixture.
7. Wrap individually in plastic wrap and refrigerate. Will keep well overnight.

Notes

Time-saving idea: Purchase pre-opened pita pockets

Source: Produce for Better Health Foundation